



DAYS OF PRAYER

**A PERSONAL
PRAYER GUIDE**

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Dear Reader,

I invite you to join Carmen and me on a 21 day journey. Since the beginning of our church, we have set our hearts to be a people of prayer. Praying in January is much like praying in the morning to establish the will of God for the entire day. When we put God first in our lives, in our families, in our finances – in everything – I believe that He will bless and multiply those areas. If we will seek God and give Him our first and best at the beginning of the year, He will honor that sacrifice and bless our entire year!

Many times people act first and then want God to bail them out of that situation, but **prayer should be our first response, not our last resort.** Understanding the need for prayer is not enough. In order for it to become a part of our lives, it needs to become something that we look forward to doing. I'm convinced that most people don't enjoy prayer because they have never really been taught **how** to pray.

That's where this Personal Prayer Guide can help. With several prayer models from the Bible and some guides to make prayer more personal, **this booklet is designed to bring joy into your time with God.** When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Once you learn how to pray, prayer can become a part of everyday life.

If you sense that God has more for your life, take the first step and believe Him for great things. Start the year off right and discover the rewards of putting God first! I look forward to hearing about what God will do in our lives as we seek Him together. Make prayer a regular part of your life and see how He will supernaturally open doors for you.

The best is yet to come,

A handwritten signature in black ink that reads "Pastor Bryan". The script is fluid and cursive, with the first letters of "Pastor" and "Bryan" being capitalized and prominent.

Pastor Bryan



DAYS OF PRAYER

LIFESTYLE PRAYER

LIFESTYLE PRAYER

How do we make prayer a part of our everyday lives? We can learn from three things that Jesus did...

*Very early in the morning, while it was still dark,
Jesus got up, left the house and went off to a
solitary place, where he prayed (Mark 1:35).*

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.



DAYS OF PRAYER

THE LORD'S PRAYER

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).

*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever"
(Matthew 6:9-13).*

"Our Father in heaven..."

1. PRAISE

Praise is Faith In Action. We do it in our strength.

*Make a joyful shout to the Lord, all you lands!
Serve the Lord with gladness; Come before His presence with singing.
Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.
Enter into His gates with thanksgiving, And into His courts with praise.
Be thankful to Him, and bless His name. (Psalm 100:1-4)*

Diligently seek Him through praise - our action of faith - and the reward is that He will reveal Himself.

Praise is a decision. Make a one-time decision and come to a binding agreement to praise God no matter what.

*I will bless the Lord at all times;
His praise shall continually be in my mouth.
My soul shall make its boast in the Lord;
The humble shall hear of it and be glad.
Oh, magnify the Lord with me,
And let us exalt His name together.
I sought the Lord, and He heard me,... (Psalm 34:1-4)*

When we decide to praise God and act on that decision, we open the door for the perceived manifested presence of God.

7 Expressions of Praise (Hebrew Words)

Yadah means Hands to God. Raising our hands to God demonstrates an attitude of love toward God.

Towdah is done by extending hands entering a courtroom, declaring openly, freely, unreservedly true and real confession.

Shabach is loud adoration – a shout of praise for what the Lord has done. It means to loudly give adoration to God in the form of testimony. We do not shout to receive joy, but rather because of what the Father has done and the joy we already have.

Barauch means to express an attitude of love, submission, and trust through the act of knelling or bowing. It means to continually yield to the Father in every area of your life.

Zamar means to make music accompanied by the voice. It is to celebrate and sing songs of praise with instruments.

Halah is to rave or boast upon the Lord, being clamorously foolish.

Tehillah is from the word Halah, which is speaking your praise to the Father. It means to sing your praise to the Father - to sing your praise in the Spirit.

Praise is lifting our hands, confessing His word, testifying of His grace, bowing down, singing, making music, shouting, dancing, and falling down under the glory of the Lord. Praise Him! In every way.

Praise God by His many Names.

Adonai-Tsidkenu: Jehovah Our Righteousness

Adonai-M'Kaddesh: Jehovah Who Sanctifies

Adonai-Shalom: Jehovah Is Peace

Adonai-Shammah: Jehovah Is There. He will never leave you.

Adonai-Rophe: Jehovah Heals (spirit, emotions, & body)

Adonai-Jireh: Jehovah's Provision Shall be Seen
Adonai-Nissi: Jehovah Is My Banner
Adonai-Rohi: Jehovah Is My Shepherd

**“Your kingdom come, Your will be
done on earth as it is in heaven.”**

2. PURPOSE

You are destined to Reign in Life when Jesus is Lord of your life. We reign in life because we receive 2 things from God: Abundance of Grace (undeserved favor) and the Gift of Righteousness (which is not a work, but a gift).

*For if by the one man's offense death reigned
through the one, much more those who receive
abundance of grace and of the gift of righteousness
will reign in life through the One, Jesus Christ.
(Romans 5:17)*

Establish God's Kingly Rule, Reign, and Dominion in your life. Declare that God's Kingdom come in your life, your family, your work, your church, and your world. Declare that His will be done on earth as it is in heaven.

Prayer is releasing the power of God that is deposited in you.

*Now to Him who is able to do exceedingly
abundantly above all that we ask or think, according
to the power that works in us. (Ephesians 3:20)*

Prayer is bringing His Kingdom to the earth.

Pray for yourself that God would give you a righteous mind, eyes, heart, and speech. Ask for Peace in your life and Joy in the Holy Spirit.

*The Kingdom of God is not meat and drink, but
righteousness, peace and joy in the Holy Spirit.
(Romans 14:17)*

Pray in the Name of Jesus because His Name has Power and Authority.

“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it. (John 14:12-14)

“Give us this day our daily bread.”

3. PROVISION

Ask and you will receive everything you need to carry out God's Plans, Purposes and Vision on earth as it is in heaven.

The Holy Bible is our **Daily Bread**. God has a fresh word for you every day – for your family, your children, and your friends. God would like to speak to you every day! It's a word that will strengthen you, encourage you, and equip you for the day.

Speak the Word of God. Agree with what the Bible says.

Death and life are in the power of the tongue, And those who love it will eat its fruit. (Proverbs 18:21)

The Holy Bible is our **Sustaining Bread**. If you are going to be strong spiritually and sustained spiritually, you need to eat.

Now when the tempter came to Him, he said, “if You are the Son of God, command that these stones become bread.” But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’” (Matthew 4:3-4)

Ask God for your SPIRITUAL provisions – that He would speak to you. Ask God for your PHYSICAL provisions – that you would be in the will of God.

Jesus is our **True Bread**. And He is the Word of God. Read the Bible.

Then Jesus said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world." (John 6:32-33)

“Forgive us our debts, as we forgive our debtors.”

4. PARDON

Ask God to forgive you. Confess. Ask for a heart of repentance.

Forgive as you want to be forgiven.

For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. (Matthew 6:14-15)

Set your will daily to forgive; forgiveness is not an act of emotion but of your will. If you want to be forgiven, you must be willing to extend forgiveness to others.

When you are offended – don’t curse it, don’t rehearse it, and don’t nurse; instead disperse it and God will reverse it.

Forgive Yourself. Purge (Rid) your conscience from dead works.

How much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God? (Hebrews 9:14)

“And do not lead us into temptation,
but deliver us from the evil one”

5. PROTECTION

Ask God to lead you away from temptation.

Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him. Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. (James 1:12-15)

Ask God to deliver you from Evil or through Evil. Either way you are delivered and He is with you.

Put on the whole armor of God that you may be able to stand. Put on each piece.

- Gird your waist with truth – Jesus is the Truth that sets you free
- Breastplate of Righteousness – Jesus is your Righteousness – He guards your heart
- Feet shod with the Gospel – Be ready for anything – Partner with God
- Shield of Faith – Faith quenches (stops) the darts of the enemy
- Helmet – your thoughts – Submit your mind to God
- Word – God’s Word coming out of your mouth
- Pray in the Spirit

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God that you may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— (Ephesians 6:10-18)

**“for Yours is the kingdom and power
and the glory forever”**

6. PRAISE

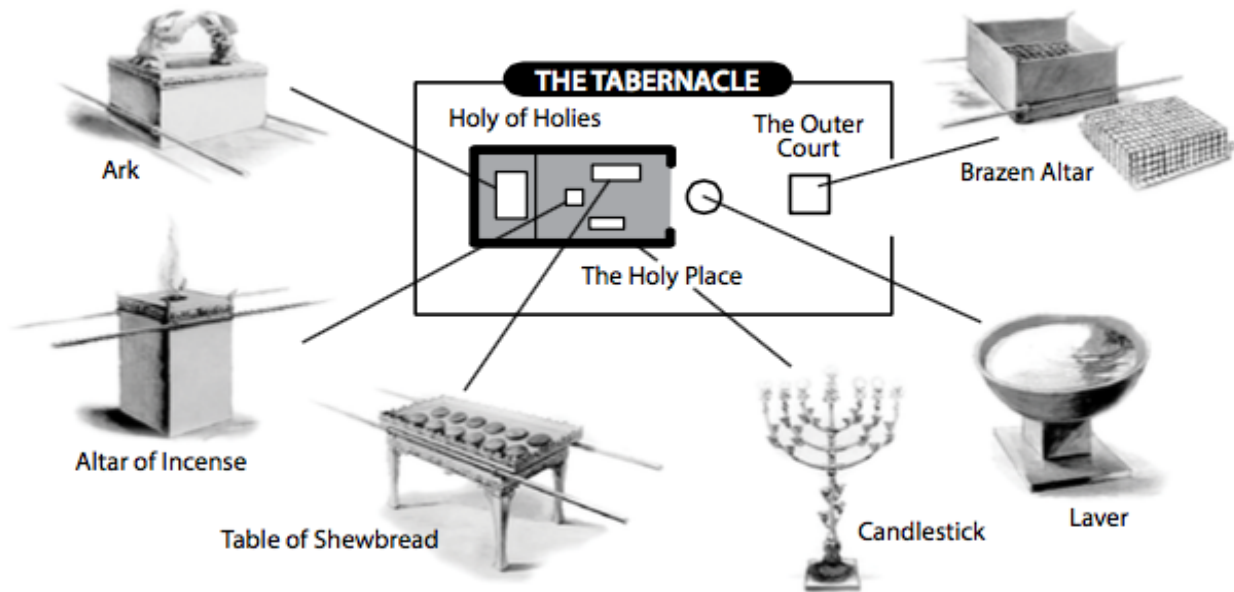
Return to Praise and continue to Praise.



DAYS OF PRAYER

TABERNACLE PRAYER

TABERNACLE PRAYER



The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a preparation for God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

1. THE OUTER COURT - THANKSGIVING AND PRAISE

*Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name (Psalm 100:4).*

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

2. THE BRAZEN ALTAR – THE CROSS OF JESUS

Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's (Psalm 103:2-5).

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin

Healing – God heals all my diseases

Redemption – God rescues me from every attack

Transformation – God puts His love in me

Provision – God provides everything I need

3. THE LAVER – CLEANSING AND PREPARING

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin. Offer your body to God.

Your tongue – to speak good and not evil

Your eyes – to see God and the needs of others

Your ears – to be sensitive to His voice

Your hands – to do good to others

Your feet – to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).

Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

4. THE CANDLESTICK - THE HOLY SPIRIT

The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD (Isaiah 11:2).

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

The Spirit of the Lord
The Spirit of Wisdom
The Spirit of Understanding
The Spirit of Counsel
The Spirit of Might
The Spirit of Knowledge
The Fear of the Lord

*You should also ask God to give you spiritual gifts
(1 Corinthians 12:8-10).*

5. THE TABLE OF SHEWBREAD - THE WORD OF GOD

*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful
(Joshua 1:8).*

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

Read God's Word.
Claim His many great promises.
Ask for fresh revelation of the Word.
Take time to read and meditate on the Word.
Get a Word for the day.

6. THE ALTAR OF INCENSE - WORSHIP

The name of the LORD is a strong tower; the righteous run to it and are safe (Proverbs 18:10).

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

God is My Righteousness – Jeremiah 23:6

God is My Sanctifier – Leviticus 20:7-8

God is My Healer – Exodus 15:26

God is My Provider – Genesis 22:14

God is My Banner of Victory – Exodus 17:15

God is My Peace – Judges 6:24

God is My Shepherd – Psalm 23:1

God is Always There – Ezekiel 48:35

7. THE ARK OF THE COVENANT - INTERCESSION

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority – spiritual, civil, family, and workplace

My family

My church – pastor, life group, serve team, and vision/mission

My city, nation, and world

My needs



DAYS OF PRAYER

**PRAYER & SCRIPTURE
DEVOTIONAL**

PRAYER & SCRIPTURE DEVOTIONAL

This is a great prayer outline mixed with Scripture readings. Simply walk through the outline while you look up the passages of Scripture.

1. THANKSGIVING AND PRAISE – PRESENT YOURSELF TO GOD (MARK 12:30)

Think of a fresh reason to thank Him (Psalm 100:4, 118:24).

Present your body in worship (Romans 12:1; Psalm 63-3,4) by:

- Kneeling before Him as your Lord
- Lifting your hands to Him as your Source
- Standing in praise before Him as your King
- Clapping your hands with rejoicing
- Dancing with joy as a child
- Bowing your head in humility

Sing a new song to Him (Psalm 96:1,2; Colossians 3:16).

Invite Holy Spirit assisted praise (Jude 20; 1 Corinthians 14:15).

2. CONFESSION AND CLEANSING – PRESENT YOUR HEART TO GOD (PROVERBS 4:23)

Ask God to search your heart (Psalm 139:23,24) for:

- Sin – receive cleansing and righteousness
- Selfishness – receive holiness and sanctification
- Stress – receive life and power
- Sickness – receive healing and strength

Remember the danger of self-deception (Jeremiah 17:9; 1 John 1:6-10).

Set a monitor on your mouth and heart (Psalm 19:14, 49:3).

Ask God to help you keep His purposes and goals in view (Psalm 90:12; Philippians 3:13-14).

3. ORDER AND OBEDIENCE – PRESENT YOUR DAY TO GOD (PSALM 37:5)

Present the day's details (Psalm 37:4,5, 31:14,15;):

Choose the fear of the Lord.

Commit your works to God.

Indicate your dependence upon God (Proverbs 3:5-7; Psalm 131:1-3).

Request specific direction for actions and decisions (Psalm 25:4,5; Isaiah 30:21).

Choose to obey God's explicit instructions (Matthew 6:11, 7:7-8).

In the Word of God

By choosing to do His will



DAYS OF PRAYER

PERSONAL PRAYER TARGETS

PERSONAL PRAYER TARGETS

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

Pray for those in authority and those under your authority.

MY GOVERNMENT

President _____

National Leaders _____

State Leaders _____

City Leaders _____

MY FAMILY

Spouse _____

Children _____

Parents _____

Siblings _____

Extended Family _____

MY CHURCH

Pastor _____

Life Group Leader _____

Life Group Members _____

MY WORKPLACE/SCHOOL

Employer _____

Co-workers _____

Employees _____

Teachers/Professors _____

THOSE I INFLUENCE

[illegible]

THOSE WHO NEED GOD

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MY NEEDS

Prayer Request

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Date Prayed For

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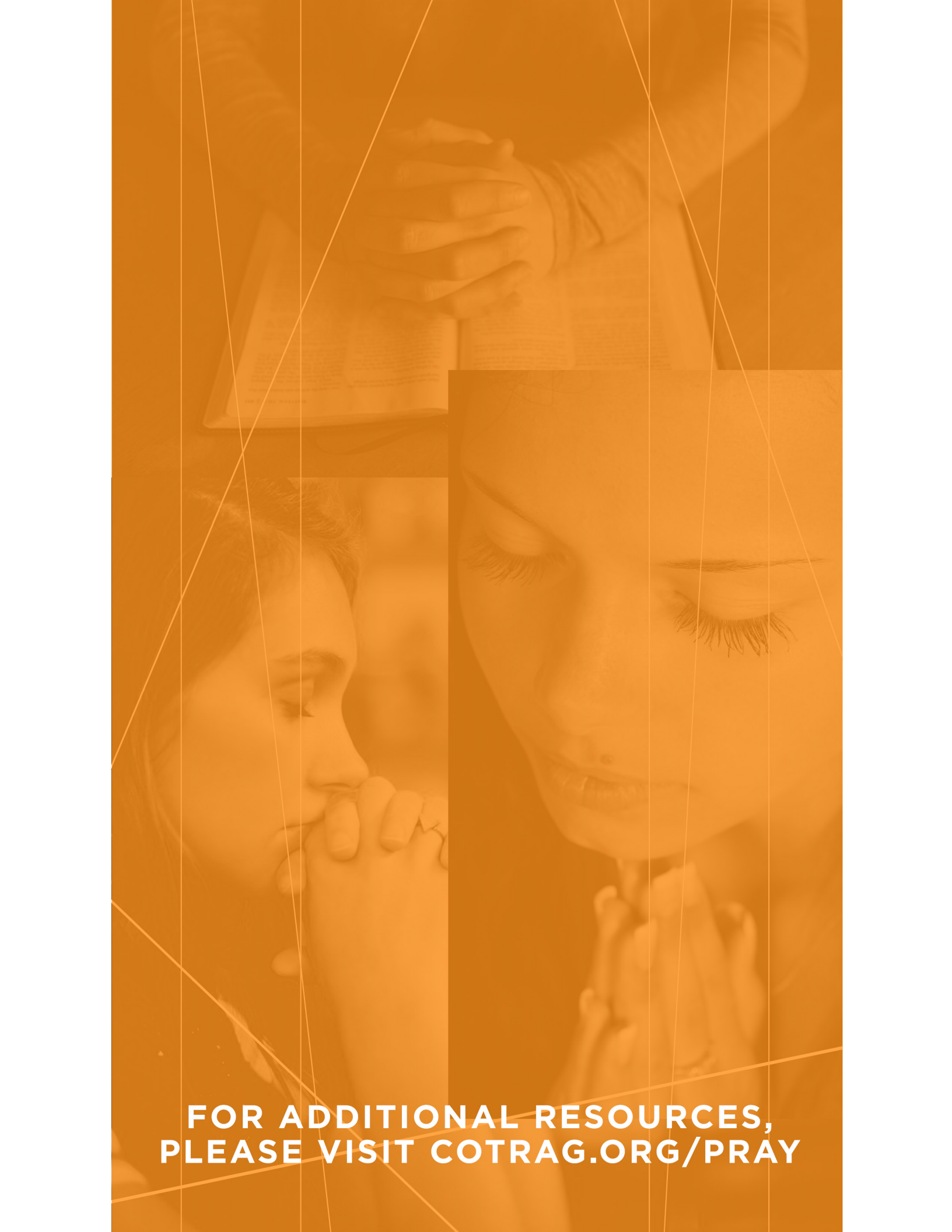
Date Answered

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